

Everyday Tarot Intuition Mini Course

VIDEO 3: INTUITIVE VISUALISATION

Brigit: So it was the early morning, and I was on my usual walk through the forest. That's here in Eumundi. It's a beautiful forest filled with really tall gum trees and kind of just really lovely lush green shrubbery around the place. And every time I walk through this place I'm always reminded of the original inhabitants of the land, the indigenous people, and I kind of imagine how they spent time, and no doubt lived on these lands.

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so anyway, walking through the forest and I feel called to go and sit down and meditate for a short period of time. So I go and find a log, I check for spiders and snakes first, it's always good to check for those, and I sat down, and at the time I had a few things in my mind. I was working through finding a publisher for my book and I was also setting goals and aspirations for the month ahead. Plus a few other things that were on my mind.

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So I went into this seated meditation of uncovering a little bit more about what was happening in my workspace. So I sat there, I closed my eyes and I just focused on my breathing for a moment just so that I could bring myself into a really deep and relaxed state.

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And I also just tuned into the sounds of the forest, the birds, the gentle breeze, the feeling on my skin, the smell, love the smell of the forest, and I brought myself into a really present state. And then what I did was I asked my intuition to bring me a guide, and my guide came in pretty quick. And this time my guide was an Indigenous man. And he was dressed in a small white lap lap, and had white paint on his body. And in his hand he had a spear. I thought, okay, this is interesting. And I kind of looked at him and I said, "Okay, what are you here for? Can you help me?" And he just looked at me and then he picked up his spear and threw it into the forest. And I thought, okay, that was cool, but I was kind of looking for some help with my work. Like how could you help me with this?

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[00:03:00] And almost through like a non-verbal communication he says to me, "Nah, nah, nah, nah, nah. You're not getting it, you're not getting it. Watch again." So okay. And this time I really noticed that he had his sight set on his target and he focused very clearly on this target, and then he threw his spear, and he got that target immediately. And then I realized, oh, I see what the lesson is here. I need to set more clear and specific goals. I can't just kind of go, "Yeah, I think we'll kind of head into this direction and let's just see what happens." This guide was asking me to be more specific about what it was that I wanted to achieve. And so I just sat in that for a little moment and just let it really sink in, and then I said, "Thank you so much," to my guide. And I started to bring myself back into my body. I opened my eyes back into the forest and I walked back out of the forest and back home.

[00:04:00] And once I got home I was like, great, yes, because today is my goal-setting day, and I went ahead and I made much more specific goals, and over the course of the next month or two, I started to really hit those goals in a really powerful way. So this is what I call intuitive visualization. And in fact this process of intuitive visualization is where we call upon our guide, and our guide shows us something connected with our intuition that will be helpful for us.

[00:04:30] So here's kind of how it works. When you get yourself into a really relaxed state, your brainwaves actually start to change and become into a more altered state, and in this state, this is when you start to bypass your conscious mind. You get past all of that chitter chatter, the monkey brain, the fear-based talk that goes on, the ego and so on, and you start to bypass that and come into the subconscious mind. Now in the subconscious, that's where I believe our intuition is stored. So once we've bypassed the conscious mind, we're in the subconscious, we've accessed our intuition.

[00:05:00] Now the concept of having a guide and asking for a guide isn't so much about, oh, who is this guide? Oh, gosh, that means something. It's more that this guide is like a manifestation of your intuition. It's almost like a tangible thing that you can see in your innermost mind. And it's really your intuition talking through this particular guide as you visualize it in your innermost mind.

[00:05:30] And of course you can ask your guide any question, you could just observe, just like I did, and really let this intuitive visualization transpire and speak to you on a deep and profound level. And then of course you've got something beautiful and tangible that you can walk away with and then go and integrate it in your everyday life. So it's a really, really powerful way of connecting with your intuition. And look, yes, it's a little bit like journeying or finding your spirit animal, but this is where it's a bit different because I've often found that when you go journeying for your spirit animal, a lot of people tend to go, "Oh, I saw an eagle. Great. Let me look that up on the internet and find out what the eagle means." No, this is about coming back into yourself and asking yourself, your intuition, what's the deeper message here, and what did that particular guide mean for me? And what did he or she have to say?

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[00:06:30] So let's walk through exactly how to do this. Now I also want to let you know is that what I've done is created a special guided visualization for you as an mp3, so you can download it, put it on your iPhone or wherever you're playing music from, and it will walk you through this experience. Because it does take quite a lot of training of your mind to be able to self-lead yourself through this so that's why I've created one for you. So I'll walk you through it.

[00:07:00] But anyway, let's look at a higher level. So this is what happens. What we do first is find a place where you will be undisturbed, and no-one's gonna bother you, it's all good, and also a place where you feel comfortable as well, where you do feel comfortable keeping your eyes closed and going into that very deep space. Now with your eyes closed, you bring yourself into a deeply relaxed state through focused breathing, and once you find yourself in that deeply relaxed state, ask your intuition to show you a guide or a teacher. And this teacher will share with you some very important lessons or themes or answers even to help guide you on your way.

[00:07:30] Now you can ask quite proactively or sometimes if you can let almost the movie play out in your mind, you can sit back and just allow for this thing to happen. I remember another experience I had where my guide was more of like a Native American man and he had this beautiful headdress, and he just danced around the fire, and I just watched him dance around the fire. And just connected him with his energy. So that might be enough for you. Or you might be asking questions and finding out answers and so on.

[00:08:00] So just allow this experience to really unfold and let it unfold just without forcing it, without trying. It's more about allowing and surrendering and just taking note. And then when you feel that your experience is complete, say thank you to your guide and gradually ease yourself out of that place and back into your present moment into the room and gently open up your eyes.

[00:08:30] Now of course you'll just have had this amazing experience that has helped connect you to your intuition. What's important is that you now either go and record it, write it down somewhere what you experienced, but also take action. Think about what is the one thing that I'm really gonna take away from this experience and integrate it into my everyday life. Because just as I mentioned last time, we can have these divine experiences, but if we don't sort of ground them down into our everyday, then they remain kind of something that's out there. So let's bring it into our everyday because that's where it will have the most impact.

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Alright, now you might go through this experience and go, "Right, but Brigit, I didn't really see anything. What am I meant to see?" So if you are struggling a little bit with the visualization aspect, don't fret, it's okay. It does take practice, and over time you'll start to notice that it becomes easier to do the visualizations. And I do find that some people, it comes more easily to do the visualizations. For me in particular, I'm very visual in my mind. But just, if you're struggling a little bit, imagine as if you can see something. Imagine as if

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[00:09:30] your guide is there. Really bring your imagination into it. And let it really transpire. Just don't overthink it. That's important.

[00:10:00] Now you might be someone who falls asleep in this visualization. If that is the case, then make sure that you choose a different time of the day when you're more awake, and also make sure you're in a seated, upright position or even standing if you need to. You're not gonna fall asleep while you're standing. If you're lying down then you're much more likely to fall asleep and kind of miss out on the fun.

[00:10:30] Now the other thing that might happen is you might have this experience but just go like, "What?! What is that? What was the purpose or the point of that?" Maybe it just didn't make sense to you. The way that I see intuitive visualization working is it's like medicine and sometimes we can understand it and other times we can't. And what it's really doing is it's dropping in like medicine. Now for medicine to work, we don't have to overthink it and go, "Oh, okay, well, the medicine's doing this and this is happening, and I get it, how it all works." We just trust that we're dropping that medicine in and it's flowing and working for us. So if you're not really sure what your whole visualization meant, don't fret, and just let it drop in like medicine.

[00:11:00] Alright, so remember I've created this special visualization for you, so make sure you download it and then listen to it. Be in a really undisturbed, happy, safe, comfortable place and listen to it. And then I'd love for you to record your experience in your workbook, and your key takeaways and actions as well. So there you have it. I really hope you enjoy this intuitive visualization process. It is super juicy. You can play around with it in so many ways, and it really comes down to just allowing the movie to pay out in your innermost mind. You may be so surprised to see what comes up and what your intuition brings up into your attention through this visualization process.

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Alright, bye for now.